



FOR IMMEDIATE RELEASE

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Start your New Year right with Eat Smart, Move More, Weigh Less Program

Swan Quarter, N.C. – After scrounging around the kitchen for one last holiday goodie, you find a single sugar cookie hiding in the bottom tin. You grab it, and head toward the mountain of decorations that need to be packed away until next year. Several hours later, the last box has been shoved into the attic or garage.

Surveying the house, you see that all the gifts have been put away and everything appears to be back to normal, finally. And then you spot it, shouting at you from the bathroom floor...your old friend, the scale. It seems to chastise you for neglecting to visit over the holiday season. Slowly you drag yourself to the bathroom, not eager to see the damage done by the large amounts of holiday sweets, treats, and drinks you consumed over the last two months.

After the initial shock of the numbers subsides, you resolve to eat better and exercise more, and lose those holiday pounds, and maybe even a couple more. But first, you have to figure out how.

Does this sound like you? If so, The Eat Smart, Move More, Weigh Less program may just be what you need.

Beginning the week of January 23rd, the Hyde County Health Department and Hyde County Cooperative Extension are conducting a successful weight-management program to be delivered at the following locations:

- **Engelhard at the Davis Center, Monday's from 12:00 pm – 1:00 pm**
- **Swan Quarter at the Mattamuskeet Senior Center, Tuesday's from 5:30 pm – 6:30 pm**

The program has proven results and has shown to be successful in reducing weight and blood pressure among its participants. Eat Smart, Move More, Weigh Less is a 15-week, weight management program developed by nutrition and physical activity experts in the N.C. Division of Public Health and N.C. Cooperative Extension. "The live classes have been successful at helping people lose weight and learn new habits that will help them be healthier throughout their lives," says Wesley Smith, Hyde County Health Director. The Eat Smart, Move More, Weigh Less program uses strategies based in research that are proven to be effective in helping participants lose weight and improve blood pressure – two factors associated with improving health and reducing chronic disease risk.

Each hour-long weekly session empowers and motivates participants to live mindfully as they make choices about healthy eating and physical activity. The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors. Enrollment fee is \$30 per person and includes the journal and the Eat Smart, Move More, Weigh Less magazine. **The enrollment fee will be waived for the first 20 to register!** To register, please contact Stacey Midgett, Family and Consumer Science agent, at 252-926-4487 or Elizabeth Mumm, Public Health Educator II, at 252-926-5289.

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